



### Guidelines for Referral to Child & Youth Mental Health Services for Parents

If You Are Concerned about the Behaviour of Someone or Their Mental Health You Should Speak to Your GP or Phone the Emergency Department of your nearest hospital. Temple Street Children's Hospital caters for children and young people up to the age of 16 years of age, Tel: 01 /878 4200. If the person is over 16 years of age and living in North Fingal the nearest hospital is Beaumont Tel: (01) 809 3000. If the person is living in the Dublin 15 area the nearest hospital is Connolly Hospital D 15 Tel: (01) 646 5000.

Services	How To Access The Service	Contact Details
<b>Fingal Counselling Service:</b> Provides support with feelings & Emotions; Education & Expectations; Relationships & Sexuality; Moods – Anxiety, Anger or Depression; Bereavement & Loss – family or peer, family separation or divorce; worries & concerns; substance abuse, eating distress & body issues; self-harm & suicidal ideation.	<b>FOR CHILDREN and YOUNG PEOPLE 5 - 16+</b> Self-referral by the young person (parental consent for under 18 years), GPs, HSE, CAMHS, Schools, NEPS, Juvenile Liaison Officers (JLOs), youth services or Parent/guardian. <b>Cost: Free of Charge/ Donations Accepted</b>	Fingal Counselling Service, Base Resource Centre, Brackenstown, Swords, Co Dublin. (01) 8902596 (Mon to Fri) <a href="mailto:info@counsellingatfingal.com">info@counsellingatfingal.com</a> <a href="http://www.counsellingatfingal.com">www.counsellingatfingal.com</a>
<b>Genesis Counselling Service:</b> Provides professional psychotherapy and family therapy to individuals, couples or families who are experiencing difficulties in their lives. Genesis typically provides support to those dealing with the following issues: Abuse, Addiction, Anxiety, Bereavement, Depression, Eating disorders, Child & Adolescent problems, relationship difficulties and violence.	<b>FOR CHILDREN and YOUNG PEOPLE 3yrs - adult, Dublin 15 only</b> Self-referral by the young person (parental consent for under 18 years), professionals and other agencies. Initial contact must be made by the individual/family wishing to attend. <b>Cost: Low</b>	Genesis Counselling Services, Blackcourt Road Corduff, Dublin 15 (01) 820 2764 (Mon to Fri) <a href="http://www.genesistherapy.ie">http://www.genesistherapy.ie</a>
<b>Jigsaw:</b> For mild to moderate mental health concerns including; Relationship or interpersonal issues, low mood, anxiety, stress, bullying, panic, anger, low self-esteem, shyness, social anxiety, psychosocial issues. Following GP/other agency consultation Jigsaw also provides support with: Eating Distress & Body Issues; Self Harm & suicidal ideation. They offer up to 8 sessions of 1:1 intervention with young people to support them to manage common concerns and mild to moderate mental health difficulties.	<b>FOR YOUNG PEOPLE 12 - 25 YEARS</b> Self-referral by the young person (parental consent for under 18 years), parents, concerned adults, HSE, CAMHS, Schools, NEPS, JLOs, Youth Services or GPs. Jigsaw Dublin 15 is available to young people who live, work or study or attends a GP in D.15. Jigsaw North Fingal is available to those who live, work or study or who attend a GP in the North Fingal area. <b>Cost: Free of Charge</b>	2 <sup>nd</sup> Floor, Blanchardstown Library, Blanchardstown Shopping Centre Blanchardstown, Dublin 15 (01) 890 5810 (Mon to Fri) Email: <a href="mailto:dublin15@jigsaw.ie">dublin15@jigsaw.ie</a>  Jigsaw North Fingal, St. George's Square, Balbriggan Co. Dublin. Phone: (01) 960 3020 (Mon to Fri) Email: <a href="mailto:northfingal@jigsaw.ie">northfingal@jigsaw.ie</a>
<b>Pieta House:</b> provides free, therapeutic supports to people who have suicidal ideation, who have attempted suicide & those who engage in self-harm. Suicide bereavement. Clients in Crises will be seen within 48 hours.	<b>FOR CHILDREN AND YOUNG PEOPLE UNDER 18 &amp; ADULTS – ALL AGE GROUPS</b> Referrals are accepted from young adults, parents and concerned adults as well as agencies such as CAMHS, HSE & School. Where a child or young person is less than 18 years old parental consent is required. <b>Cost: Free of Charge</b>	Pieta House 24/7 FREECALL HELPLINE 1800247247 Text: HELP 51444 Santry (01) 8831000 (Mon to Fri—all day. Sat am only) Pieta House Santry, 309 Collins Ave, Dublin 9 (01) 8840532 (Mon to Fri—all day)
<b>HSE Counselling in Primary Care (CIPC):</b> is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. The service is suitable for people who are experiencing certain difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress.	<b>FOR YOUNG PEOPLE &amp; ADULTS 18+ WHO ARE MEDICAL CARD HOLDERS</b> Referral through your GP. The service is available throughout Fingal. <b>Cost: Free of Charge to medical card holders referred by GP</b>	Counselling in Primary Care, HSE CHO Area 9 Dublin North & Dublin North City, CIPC Counselling Coordinator Unit One, 1st Floor, St. Fintan's, North Street, Swords, Co. Dublin (01) 7957170 / (01) 7957171 (Mon to Fri)
<b>HSE Adult Mental Health Service:</b> Provide a service for 0-18 year olds and their families experiencing mild to moderate difficulties. This may include some of the following: Emotion Regulation (e.g. anxiety, low mood, behavioural difficulties); Relationship Difficulties (e.g. with parents, siblings, peers); Trauma (e.g. bereavement, loss, a traumatic event).	<b>FOR AGED 17 + YEARS &amp; OVER</b> Referral are made by a GP, a Psychiatrist or a Doctor in the Emergency Department, where a range of services may be offered. <b>Cost: Free of Charge to medical care holders referred by GP</b>	Curam Clinic, Swords Health Centre, Bridge Street (01) 8403391 (Mon to Fri) Hampton MH services, Dublin St. Balbriggan Health Centre, Co Dublin. (01) 9213200 (Mon to Fri)
<b>HSE Primary Care: Child, Adolescent &amp; Family Psychology Service:</b> provide a service for 0-18 year olds and their families experiencing mild to moderate difficulties. This may include some of the following: Emotion Regulation (e.g. anxiety, low mood, behavioural difficulties); Relationship Difficulties (e.g. with parents, siblings, peers); Trauma (e.g. bereavement, loss, a traumatic event).	<b>FOR CHILDREN AND YOUNG PEOPLE UP TO 18 YEARS</b> Referral are made by a GP, a parent or other healthcare professional (e.g. Occupational Therapist). <b>Cost: Free of Charge</b>	HSE Primary Care: Child, Adolescent & Family Psychology Service Address: Coolock Primary Care Centre, Dublin 5 (01) 921 4200 (Mon to Fri) Referrals to: <a href="mailto:referrals.nd@hse.ie">referrals.nd@hse.ie</a>
<b>HSE Child &amp; Adolescent Mental Health Service (CAMHS):</b> CAMHS is a free specialist service for children and young people who are experiencing moderate to severe mental health difficulties and need treatment from mental health professionals.	<b>FOR CHILDREN AND YOUNG PEOPLE UP TO 18 YEARS</b> Referrals are accepted from medical professionals including GP'S, Area Medical Officers, & Paediatricians. Referral to Adolescent in patient services is via CAMHS Child & Adolescent Psychiatrist. Referrals are prioritised based on clinical need. Clients in crises are seen promptly. <b>Cost: Free of Charge</b>	Dublin North City & County CAMHS teams 1. CAMHS Balbriggan: Floor 3, Balbriggan Primary Care Centre, 66 Dublin Street, Balbriggan, Co. Dublin. (01) 9213355 (Mon to Fri) 2. CAMHS Swords: The Plaza, Swords, Co. Dublin. (01) 8075392 (Mon to Fri) 3. CAMHS Blanchardstown and CAMHS Castleknock: Corduff Primary Care Centre, Blackcourt Rd, Blanchardstown, Dublin 15. (01) 7956744 / (01) 7956743 (Mon to Fri)
<b>DDLETB Educational Psychological Service:</b> provide services for developmental Learning, behavioural, motivational, emotional and cognitive difficulties.	<b>FOR YOUNG PEOPLE</b> in Second Level Schools, Youthreach Centers and Further Education Providers. Referrals are made by Schools/Youthreach Centers/Further Education Providers only. <b>Cost: Free of Charge</b>	DDLETB Educational Psychological Service 1A Main Road, Tallaght, Dublin 24 D24 YW72 Tel: (01) 4598446 (Mon to Fri)
<b>Crosscare Teen Counselling:</b> provides free counselling for 12 to 18 year olds and their parent or carers.	<b>FOR YOUNG PEOPLE 12 to 18 yrs.</b> Parent/Guardians and Professionals can make referrals <b>Cost: Free of Charge</b>	01-5574705 or <a href="http://www.teencounselling.ie">www.teencounselling.ie</a>

These Guidelines to Youth Mental Health Services in Fingal have been prepared by the Fingal Children & Young People's Services Committee Child & Youth Mental Health Working Group. For further information please contact the service listed or Una Caffrey, Coordinator, Fingal Children & Young Peoples Services Committee (01) 8708000.

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